

Demographics₈

- 470,305 Iowans are age 65+, which in 2012 accounts for 15% of the total state population.
- In 2040, the number of 65+ is projected to be 680,842, which accounts for 20% of the total state population.
- \$34,731 is the median household income of Iowans age 65+.
- 59% of Iowans 65+ were married and 31% lived alone in 2012.
- 8% of Iowans 65+ lived in poverty in 2012.
- 18% of Iowans age 65+ earned at least a bachelor's degree.
- 83,074 Iowans age 65+ were employed in 2012, which accounts for 18% of Iowans 65+.



Hunger Profile: Older Iowans

Older Iowans are increasingly facing challenges to get enough food and adequate nutrition. The threat of hunger, or feeling anxious about the amount of food in the house, increased by 8.6 percent between 2011 and 2012.¹⁰ Other food insecure individuals may consume enough calories, but of a reduced quality, variety or desirability. Then there are those who are experiencing true hunger with reduced calorie intake and disrupted eating patterns. This profile outlines the current state of food insecurity and hunger among older Iowans.

Nutrition Profile

- **43,662** or **7%** of Iowans aged 60+ were food insecure in 2012.³
- **14,536** or **2%** of Iowans aged 60+ faced hunger in 2012.³
- **50%** of all diseases impacting older adults are directly connected to lack of appropriate nutrient intake.¹²

- About **1 in 8** older Iowans age 60+ risk facing hunger each day.⁹



- Even food secure older adults generally lack in B-vitamins, calcium, vitamin D and fiber.

- **Food insecurity** greatly impacts the health of Iowans. Independence and resulting quality of life is diminished, with the effects equivalent to **aging 14 years**.⁴
- Food insecure persons have **lower** intakes of **nutrients** and are at a **greater risk** for **malnutrition**.⁴

Food Assistance Program Participation₆

- ✓ **92,036** or **14%** of persons 60+ in Iowa are receiving some form of nutrition assistance through congregate meals, home-delivered meals, Senior Farmer's Market Program or SNAP benefits*

- ✓ **33,494** congregate meal participants

- ✓ **19,925** received Senior Farmer's Market Program vouchers

- ✓ **12,481** home-delivered meal participants

- ✓ **26,136** older Iowans receive SNAP benefits, and about **60%** of those are 60-70 years of age.

* Some individuals may participate in more than 1 program (FY 2013 data)



“The quest for food security can be the common thread that links the different challenges we face and helps build a sustainable future.”

José Graziano da Silva, United Nations Food and Agriculture Organization (FAO)

Older Iowans: Hunger & Consequences

Health Impacts

- Diet plays a major role in preventing and managing chronic diseases, such as heart disease and diabetes.⁴
- **30%** of Iowans 65+ have multiple chronic conditions.¹
- **1 in 4** deaths in America is due to heart disease.²
- **10%** of all Iowans have diabetes, but **36% of Baby Boomers** have the disease.⁵

Cost Impacts

- Those with 5 or more chronic conditions incurred **\$24,658/year** in health care costs versus only **\$5,521/year** when there are no conditions present.⁷
- The cost of a nursing home for residents in Iowa was **\$58,400/year** in 2013,¹¹ as compared to **\$10,884** per consumer per year using in-home care.¹³
- **75%** of our health care dollars goes to treatment of chronic diseases.²

Household Impacts

- Nationally, food insecurity among **divorced** or separated seniors is **2-3 times greater** than married seniors.¹⁰
- If a **grandchild** is present in the household, **food insecurity** is **more than twice** as likely as households without grandchildren present.¹⁰
- In 2012, **17,081 children** under 18 were being cared for by a **grandparent** in Iowa.¹⁰

Call to Action

AARP and Iowa Department on Aging are participating in a grant project to raise awareness of hunger in older Iowans and increase collaboration among public and private efforts. Please complete the Older Iowans Hunger Survey to help gather information that will support strategic planning to reduce hunger among older Iowans:

https://docs.google.com/forms/d/1mOG0C-TYHi_xzittEO1syEejACBBaPle1_5yS1KFjlc/viewform?usp=send_form



¹America's Health Rankings Senior Report 2014 (Iowa). United Health Foundation. Retrieved from: <http://www.america'shealthrankings.org/senior/IA>

²Chronic Disease Prevention and Health Promotion. CDC. Retrieved from: <http://www.cdc.gov/chronicdisease/>

³Current Population Survey, December 2012, Food Security. US Census Bureau. Retrieved from: <http://www.census.gov/prod/techdoc/cps/cpsdec12.pdf>

⁴Food and Nutrition Programs for Community-Residing Older Adults. (2010). American Dietetic Association. Retrieved from: <http://www.eatright.org/About/Content.aspx?id=6442451115>

⁵Food, Nutrition and Environment for Healthy Iowa. (2013). 2013 Iowa Hunger Summit by Iowa Healthiest State Initiative. Retrieved from: <https://www.worldfoodprize.org/>

⁶Iowa Department on Aging. (2013). Retrieved from: <https://www.iowaaging.gov/>

⁷Older Americans 2012: Key Indicators of Well-being. Federal Interagency Forum on Aging-Related Statistics. Retrieved from: http://www.agingstats.gov/agingstatsdotnet/Main_Site/Data/2012_Documents/docs/EntireChartbook.pdf

⁸Older Iowans: 2014. State Data Center of Iowa. Retrieved from: <http://www.iowadatatcenter.org/Publications/older2014.pdf>

⁹Sauer, J. (2013). 2013 Survey of Iowans 18+. AARP. Retrieved from: <http://www.aarp.org/>

¹⁰Ziliak, J. & Gunderson, C. (2014). The State of Senior Hunger in America 2012: An Annual Report. National Foundation to End Senior Hunger. Retrieved from: <http://www.nfesh.org/research/>

¹¹Iowa Wins with the Department on Aging—The Great Investment. (2014). National Aging Program Information Systems. Iowa Department on Aging.

¹²Senior Hunger: The Human Toll and Budget Consequences. (2011). United States Senate. Retrieved from: <http://www.sanders.senate.gov/imo/media/doc/SeniorHungerReport.pdf>

¹³Elderly Waiver Summary. (2014). Iowa Department of Human Services. Retrieved from: <http://dhs.iowa.gov/ime/about/medicaid-b1-report>